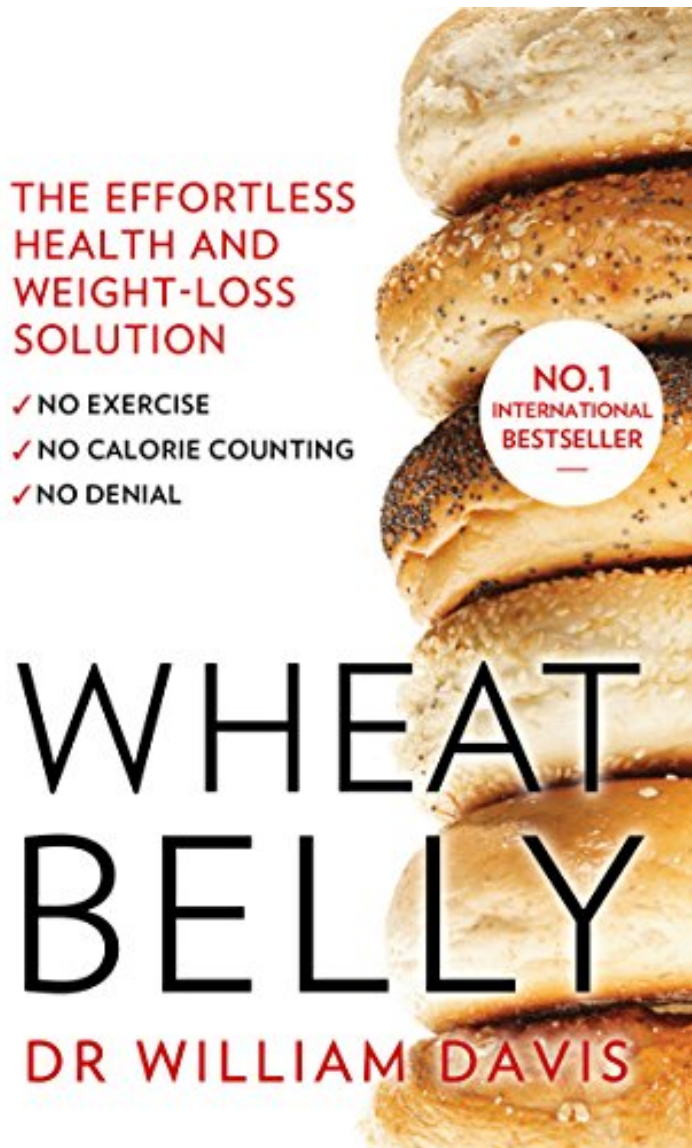


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Wheat Belly: Lose the Wheat, Lose the Weight and Find Your Path Back to Health



Par William Davis MD
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Description :

Prsentation de l'diteurRenowned cardiologist William Davis explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges and reverse myriad health problems. Every day we eat food products made of wheat. As a result millions of people experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventative cardiologist William Davis calls wheat bellies. According to Davis, that fat has nothing to do with gluttony, sloth or too much butter: its down to the whole grain food products so many people eat for breakfast, lunch

and dinner. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic - and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly* Davis exposes the harmful effects of what is actually a product of genetic tinkering being sold to the public as wheat and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Benefits include: substantial weight loss, correction of cholesterol abnormalities, relief from arthritis, mood benefits and prevention of heart disease. Informed by cutting-edge science and nutrition, and numerous case studies,

Wheat Belly is an illuminating look at what is truly making us sick. Presentation de l'auteur Renowned cardiologist William Davis explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges and reverse myriad health problems. Every day we eat food products made of wheat. As a result millions of people experience some form of adverse health effect, ranging from minor rashes and high

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truly making us sick. Biographie de l'auteur William Davis, MD, is a cardiologist who believes that health should be in the hands of the public, so he advocates unique, insightful and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. He is the author of international bestselling *Wheat Belly*, *Wheat Belly Total Health* and the *Wheat Belly* cookbooks. He lives in Wisconsin. You can find Dr. Davis and *Wheat Belly* on Facebook

and Twitter.